



City of Lake Forest

Senior Scene

www.lakeforestca.gov/seniors/ • www.facebook.com/Lakeforestseniors

YOUR CITY. YOUR CENTER. YOUR VOICE.

WE WANT YOUR INPUT ON LAKE FOREST SENIOR CENTER WORKSHOP.

We're building a Senior Center,
and your input is integral to the design process.

In February, the City hosted the first
Senior Center workshop where community
members had an opportunity to provide
feedback and prioritize Senior Center amenities.

But we're not finished yet!
Another workshop is scheduled on
Thu, Apr 28 from 2:30-4:30 PM at City Hall.

Participants will engage in two exercises:
First, brainstorming on Senior Center Space
Planning (where various uses and amenities should
be located inside and outside the Senior Center).
Second, will be a review various conceptual images
of specific amenities (i.e., multi-purpose room,
outdoor space) to provide feedback on what types
of design elements are preferred.

For more information, visit
www.lakeforestca.gov/CivicCenter.

Apr/May/Jun 16

Inside THIS ISSUE

2-3 Registration /
Mini Excursions

4 Seminars
Crafty Crafters

5 Clubhouse Fun

6-11 Calendars
April
May
June

12-13 Good Stuff
Coming
Your Way!
Movie Days

14 Daily Life in LF

15 LF Reading Circle

16 What's Been
Happening?

SENIOR SCENE CLUBHOUSE HOURS

Monday thru Thursday
10:00 AM – 2:00 PM

HOW TO RESERVE YOUR SEAT FOR MINI EXCURSIONS

Due to limited space, Lake Forest residents will have "priority" to register for the mini excursions. Lake Forest residents may register at City Hall, 25550 Commercentre Drive, Lake Forest in Community Room A.

Considerable walking or standing is involved with the mini excursions.

Fill out the liability release form provided to reserve your seat. If space is available, non-residents may register upstairs the following day.

Registrations will not be taken before that date or time but only for the times and dates listed.

Thank you in advance for your cooperation.

MINI EXCURSION REGISTRATION

April

Lake Forest Residents:
Wed, Apr 6, 12:00 PM
Non-Residents:
Thurs, Apr 7

May

Lake Forest Residents:
Wed, May 4, 12:00 PM
Non-Residents:
Thurs, May 5

June

Lake Forest Residents:
Wed, Jun 1, 12:00 PM
Non-Residents:
Thurs, Jun 2

APRIL MINI EXCURSIONS



The Bodies Exhibition • Buena Park
Tuesday, April 12 • 10:00 AM-2:00 PM
Fee: \$17 (Pay at registration; self-guided tour)

Using an innovative preservation process, the Exhibition allows you to see and celebrate your body's inner beauty in ways you never dreamed of. Over 200 actual human bodies and specimens, respectfully displayed, offer an unprecedented look into your amazing body.



**Oxman's
Surplus -
Santa Fe Springs**
Wednesday,
April 20 •
10:00 AM-2:00
PM • Fee: \$8
(Pay at the door;
docent-led tour)

The museum exhibits hundreds of memorabilia from WWI, WWII, the Korean War, the Vietnam War to the present. Many of the items are rare and won't be found anywhere in the U.S. The excursion also includes lunch (Kosher hot dog, chips, and beverage).

MAY MINI EXCURSIONS



OC Zoo • Irvine Regional Park
Tuesday, May 10
10:30 AM–2:00 PM
Fee: \$3 (Pay at the door; docent-led tour)

The zoo exhibits its animals in naturalistic habitats (black bears, mountain lions, bald eagle, owls, porcupines, and more). The zoo features an extensive collection of native plants and a petting zoo. Bring your lunch and enjoy eating in the picnic area.
Considerable walking and standing.

Ramakrishna Monastery & Cook's Corner • Trabuco Canyon • Wednesday, May 18 • 10:00 AM–2:00 PM
Fee: Free

Built in 1942, the buildings were designed in the style of an Italian Monastery. In the 70's, a shrine trail of seven rustic shrines to different religions was constructed.

Considerable walking on uneven ground. Afterwards, enjoy lunch at Cook's Corner (lunch: approximately \$8-10).

JUNE MINI EXCURSIONS

Outlets at San Clemente • San Clemente • Tuesday, June 14 • 10:00 AM–2:00 PM • Fee: Free

The Outlets opened its doors last year. If you don't feel like shopping, not a problem. The mall looks over the beautiful blue ocean. So many stores to visit: Chico's, Nike, Kay Jewelers, Skechers, Aerosoles, Planet Beauty, and more.

Fox Theatre • Fullerton
Wednesday, June 29
10:00AM–2:00 PM
Fee: Free
(Docent-led tour)



The Italian Renaissance-style theatre was built in 1925 to show vaudeville performances and silent movies.

After being abandoned in 1987, the Fullerton Historic Theatre Foundation has been in the process of restoring this historical landmark.

SEMINARS

Apr/May/Jun 2016

4

Senior Scene

April

Mental Health Awareness

**Thursday, April 21
11:15 AM**

Did you know one in four people in South Orange County is experiencing a mental health issue?

You will learn how to recognize a mental health issue, treatment services, and how to discuss mental health in a useful and healing way.

May

What is Chronic Venous Disease (CVD)?

**Thursday, May 26
11:15 AM**

The veins in your body carry blood from various parts of your body back to your heart. CVD refers to other chronic conditions related or caused by veins that become diseased or abnormal.

FREE testing on Fri, May 27 (10:00AM-2:00PM). Sign up at the seminar or call (949) 461-3408.

June

Hearing Impairment

**Thursday, June 23
11:15 AM**

Connect Hearing and Audiology will discuss types of hearing loss, common causes of hearing loss, signs you need a hearing test, what can cause or trigger hearing loss, and treatments available.

FREE hearing test on Mon, July 11 from 10:00AM-12:00 PM. Sign up at the seminar or call (949) 461-3408.

CRAFTY CRAFTERS

Due to the popularity of this program, you must register downstairs for all craft classes by calling 461-3408 the first Monday of the month: (i.e. for April, call April 4; May, call May 2; and June, call June 6). Crafts may change due to availability of supplies.

MOTHER'S DAY PLATE

**Tuesday, April 19 •
10:30 AM**

You will design a Mother's Day plate using a clear plate, tissue or napkin and glue. If not for Mother's Day, how about a plate for Spring! The end result...**so very cool!**



SEA GLASS VASE

Tuesday, May 17 • 10:30 AM

Create a beautiful vase that resembles sea glass. Typical colors of sea glass are greens and blues that look almost frosted. We'll supply the vase and all that it takes to make it look like sea glass.

PATRIOTIC T-SHIRT SCARF

**Tuesday, June 21 •
10:30 AM**

How do you make a scarf out of a t-shirt? Come and find out how you make it and wear it! You will be all ready for the 4th of July!

CLUBHOUSE FUN

Come visit us at the Senior Scene Clubhouse! Enjoy various activities including card playing, tile games, monthly game tournaments, seminars, exercise classes, craft classes, and movies. **Join us for Bingo and a free hot lunch every Thursday!** The Clubhouse is

a great place to meet new friends! No need to make reservations for this great drop-in program. **Walking Club and Bocce Ball activities will be cancelled due to inclement weather or 90+ degree temperature.** If you have any questions, please call (949) 461-3408.

DISCOVER THE EXCITEMENT!

BAGELS & BINGO

Tue • 10:30 AM

Apr 5 • May 3 • Jun 7 activity cancelled due to Primary Election

CHAT WITH MONARCH HEALTHCARE

Wed • 11:30 AM–12:30 PM

Apr 6 • May 4 • Jun 1

Are you new to the area? Looking for a doctor who specializes in senior issues? A representative from Monarch HealthCare will discuss available options.

ANGELS POST DAY

OPENING • Apr 7

The official Opening Day is April 6...but we are celebrating on the 7th. We are kicking off Angels season wearing RED! We'll serve up some hot dogs and fresh hot popcorn.

BOCCE BALL @ THE SENIOR CENTER COMPLEX

Wed • 10:30 AM

Apr 13 • May 11 • Jun 8

BINGO MANIA

Mon • 10:30 AM

Apr 18 • May 16 • Jun 20

CELL PHONES 101

Tue • 12:00-1:00 PM

Apr 19 • May 17 • Jun 21

Master your phone! If you need assistance, drop by the Clubhouse and Jose from Monarch HealthCare will show you how.

SCRABBLE GAMES

Wed • 10:30 AM

Apr 20 • May 18 • Jun 15

COLOR ME CALM

Mon • Apr 25-Jun 6 •

Jun 20-Aug 1 • 12:30 PM

Fee: \$5 (6-wk course)

Color Me Calm is "art therapy" for adults. It's a new way to relax and unwind. Newcomers... drop-in on the first day of class (April 25) and check it out (no charge).

MOTHER'S DAY CELEBRATION

Thu • May 5

Wear your favorite hat or scarf! Or create a unique hat! It's all about you today! We'll also celebrate Cinco de Mayo...serving tasty punch and nachos! Arriba, Arriba!

BIRTHDAY CELEBRATIONS

Thu • 11:30 AM

Apr 21 • May 26 • Jun 30

RUMMIKUB TOURNAMENT

Tue • 10:30 AM

Apr 26 • May 31 • Jun 28

POKER WALK @

THE SENIOR CLUBHOUSE

Tue • May 24 • 11:00 AM

FREE (reservations req'd; call (949) 461-3450).

FATHER'S DAY CELEBRATION

Thu, June 16

T-shirts and ties today, or if you like, bolos (aka: cowboy ties). Who knows what kind of fashion statement you'll be making!

PING PONG TUESDAYS

Tue • 10:00 AM-1:00 PM

Every Tuesday in the Lounge.

MAHJONG MONDAYS AND WEDNESDAYS

10:00 AM-2:00 PM

Every Monday and Wednesday in the Lounge.

COUPON SWAP

Drop off and pick up coupons.

CH
City Hall
25550 Commercentre Dr.
(949) 461-3400

CC
Community Center
25550 Commercentre Dr.
(949) 461-3450

CC-A
Community Center
Room A

CC-B
Community Center
Room B

CC-AR
Community Center
Activities Room

CC-TR
Community Center
Training Room

CC-L
Community Center
Lounge

LFSP
Lake Forest
Sports Park
28000 Rancho Pkwy.
(949) 273-6960

LFBTC
Lake Forest Beach &
Tennis Club
22921 Ridge Route Dr.
(949) 837-6100

LFGPC
Lake Forest Golf &
Practice Center
23308 Cherry Ave.
(949) 859-1455

FL
Forest Lanes
22771 Centre Drive
(949) 770-0055

S&S Club
Sun & Sail Club
24752 Toledo Way
(949) 586-0860

IVC
Irvine Valley College
(949) 451-5555

SBC
Saddleback College
(949) 582-4835

APR



**Due to the popularity of the
Thursday Lunch Program, we encourage you
to arrive by 11:00 AM for seating.**

<p>3</p>	<p>4</p> <p>9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Aide Appts. (CC-TR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Walking Club (LFSP) 12:30 PM Color Me Calm (CC-L)</p> <p>Cold Box Lunch</p>	<p>5</p> <p>10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 10:30 AM Bagels & Bingo (CC-A) 11:00 AM Chinese Fan Boxing (LFSP) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>10</p>	<p>11</p> <p>9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 9:30 AM AARP Tax Aide Appts. (CC-TR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Walking Club (LFSP) 12:30 PM Color Me Calm (CC-L)</p> <p>Cold Box Lunch</p>	<p>12</p> <p>10:00 AM Mini Excursion – The Bodies Exposition 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 11:00 AM Chinese Fan Boxing (LFSP) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>17</p>	<p>18</p> <p>9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo Mania (CC-A) 10:30 AM Walking Club (LFSP) Cold Box Lunch</p>	<p>19</p> <p>7:45 AM Excursion – San Diego Harbor Full Bay Tour 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Crafts – Mother’s Day Plate (CC-AR) 11:00 AM Chinese Fan Boxing (LFSP) 12:00 PM Cell Phones 101 (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>24</p>	<p>25</p> <p>9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Walking Club (LFSP) 12:30 PM Color Me Calm (CC-L)</p> <p>Cold Box Lunch</p>	<p>26</p> <p>10:00 AM HiCap Appointments 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Rummikub Tournament (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>

WED		THU		FRI / SAT		
				FRI 1:00 PM Bowling League (FL)	1	
				SAT	2	
6 8:30 AM Birds of the World (LFSP) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab 11:30 AM Chat with Monarch HealthCare (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga (CC-B) Cold Box Lunch		7 ANGELS POST DAY OPENING (Wear Red) 9:00 AM Advanced Practical Spanish (CR-AR) 10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 12:00 PM Lunch (CC-A&B) 1:00 PM Bead Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) Hot Diggity Dogs		FRI 1:00 PM Bowling League (FL) City Hall Closed SAT		8 9
13 8:30 AM Birds of the World (LFSP) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Bocce Ball (CC) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Spectre (CC-L) 11:00 AM Drop-In Computer Lab 1:00 PM Yoga (CC-B) Cold Box Lunch		14 7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CR-AR) 10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 12:00 PM Lunch (CC-A&B) 1:00 PM Bead Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) Italian Feast		FRI 1:00 PM Bowling League (FL) SAT		15 16
20 8:30 AM Birds of the World (LFSP) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Oxman's Surplus 10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab 1:00 PM Yoga (CC-B) Cold Box Lunch		21 7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CR-AR) 9:30 AM Book Discussion – Quiet: the Power of Introverts (CC-EI Toro Room) 10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 11:15 AM Seminar – Mental Health Awareness 11:30 AM Birthday Celebrations (CC-A&B) 12:00 PM Lunch (CC-A&B) 1:00 PM Bead Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) Chinese Feast		FRI 1:00 PM Bowling League (FL) City Hall Closed SAT		22 23
27 8:30 AM Birds of the World (LFSP) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – The Intern (CC-L) 11:00 AM Drop-In Computer Lab 1:00 PM Yoga (CC-B) Cold Box Lunch		28 11:00 AM • CLUBHOUSE OPENS 7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CR-AR) 10:30 AM Bingo (cancelled) 11:00 AM Drop-In Computer Lab 11:30 AM Excellence for Seniors Award Luncheon (reservations required) 1:00 PM Bead Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC) 2:30 PM Senior Center Workshop #2 (CC-A&B)		FRI 1:00 PM Bowling League (FL) SAT		29 30

LEGEND

CH City Hall 25550 Commercentre Dr. (949) 461-3400
CC Community Center 25550 Commercentre Dr. (949) 461-3450
CC-A Community Center Room A
CC-B Community Center Room B
CC-AR Community Center Activities Room
CC-TR Community Center Training Room
CC-L Community Center Lounge
LFSP Lake Forest Sports Park 28000 Rancho Pkwy. (949) 273-6960
LFBTC Lake Forest Beach & Tennis Club 22921 Ridge Route Dr. (949) 837-6100
LFGPC Lake Forest Golf & Practice Center 23308 Cherry Ave. (949) 859-1455
FL Forest Lanes 22771 Centre Drive (949) 770-0055
S&S Club Sun & Sail Club 24752 Toledo Way (949) 586-0860
IVC Irvine Valley College (949) 451-5555
SBC Saddleback College (949) 582-4835

SUN	MON	TUE
1 	2 9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Walking Club (LFSP) 12:30 PM Color Me Calm (CC-L) Cold Box Lunch	3 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Bagels & Bingo (CC-A) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch
8 HAPPY MOTHER'S DAY 	9 9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Walking Club (LFSP) 12:30 PM Color Me Calm (CC-L) Cold Box Lunch	10 10:00 AM HiCap Appointments 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 10:30 AM Mini Excursion – OC Zoo 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch
15 	16 9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo Mania (CC-A) 10:30 AM Walking Club (LFSP) 12:30 PM Color Me Calm (Lounge CC-L) Cold Box Lunch	17 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 10:30 AM Crafts – Sea Glass Vase (CC-AR) 12:00 PM Cell Phones 101 (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch
22 	23 9:00 AM Wearable Art (AR) 9:00 AM Beginning Chinese Brush Painting (CC-B) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Walking Club (LFSP) 12:30 PM Color Me Calm (Lounge CC-L) Cold Box Lunch	24 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 11:00 AM Poker Walk @ the Senior Clubhouse (reservations required) 12:30 PM Dyna Band (CC-B) Cold Box Lunch
29 	30  MEMORIAL DAY (OBSERVED) CITY HALL AND CLUBHOUSE CLOSED	31 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 10:30 AM Rummikub Tournament (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC) Cold Box Lunch

WED	THU	FRI / SAT
<p>4</p> <p>8:30 AM Birds of the World (LFSP) 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:30 AM Chat with Monarch HealthCare (CC-A)</p> <p>12:00 AM Mini Excursion Registration (CC-A)</p> <p>Cold Box Lunch</p>	<p>5</p> <p>MOTHER'S DAY CELEBRATION (Wear a Scarf or a Hat)</p> <p>7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 12:00 PM Lunch (CC-A&B) 1:00 PM Bead Stringing (LFSP) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Mexican Madness</p>	<p>6</p> <p>FRI</p> <p>1:00 PM Bowling League (FL)</p> <p>7:00 PM Bunco or Bust</p> <p>City Hall Closed</p> <hr/> <p>SAT 7</p>
<p>11</p> <p>8:30 AM Birds of the World (LFSP) 9:00 AM Excursion – Viejas Casino 10:00 AM Senior Advisory Board Meeting (CC-El Toro Room) 10:00 AM Mahjong (CC-A) 10:30 AM Bocce Ball (CC) 10:45 AM Movie Day – The Martian (CC-L) 11:00 AM Drop-In Computer Lab</p> <p>Cold Box Lunch</p>	<p>12</p> <p>7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CR-AR) 10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L)</p> <p>12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Italian Feast</p>	<p>13</p> <p>FRI</p> <p>1:00 PM Bowling League (FL)</p> <hr/> <p>SAT 14</p>
<p>18</p> <p>8:30 AM Birds of the World (LFSP) 10:00 AM Mini Excursion – Ramakrishna Monastery & Cook's Corner 10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 11:00 AM Drop-In Computer Lab</p> <p>Cold Box Lunch</p>	<p>19</p> <p>7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CR-AR) 9:30 AM Book Discussion – Caleb's Crossing (CC-El Toro Room) 10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Baked Potato Bar</p>	<p>20</p> <p>FRI</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p>SAT 21</p>
<p>25</p> <p>10:00 AM Mahjong (CC-A) 10:45 AM Movie Day – Everest (CC-L) 11:00 AM Drop-In Computer Lab</p> <p>1:00 PM Yoga (CC-B)</p> <p>Cold Box Lunch</p>	<p>26</p> <p>10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 11:15 AM Seminar – What is Chronic Venous Disease (CVD)? 11:30 AM Birthday Celebrations (CC-A&B)</p> <p>12:00 PM Lunch (CC-A&B)</p> <p>Chinese Feast</p>	<p>27</p> <p>FRI</p> <p>10:00 AM-2:00 PM Varicose Vein Testing (CC-A)</p> <p>1:00 PM Bowling League (FL)</p> <p>City Hall Closed</p> <hr/> <p>SAT 7</p>

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MAY

CH
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CC
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CC-A
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CC-B
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Room B

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Activities Room

CC-TR
Community Center
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CC-L
Community Center
Lounge

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SBC
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JUN

**Due to the popularity of the
Thursday Lunch Program, we encourage you
to arrive by 11:00 AM for seating.**

<p>5</p>	<p>6</p> <p>9:00 AM Wearable Art (AR) 10:00 AM 4th of July Parade Float Sign-Up 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Walking Club (LFSP) 12:30 PM Color Me Calm (CC-L)</p> <p>Cold Box Lunch</p>	<p>7</p> <p>PRIMARY ELECTION DAY</p> <p>10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 10:30 AM Bagels & Bingo cancelled 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>12</p>	<p>13</p> <p>9:00 AM Wearable Art (AR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Walking Club (LFSP)</p> <p>Cold Box Lunch</p>	<p>14</p> <p>10:00 AM Mini Excursion – Outlets at San Clemente 10:00 AM HiCap Appointments 10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:00 AM Pilates (S&S Club) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>19</p> <p>HAPPY FATHER'S DAY</p> 	<p>20</p> <p>FIRST DAY OF SUMMER</p> <p>9:00 AM Wearable Art (AR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo Mania (CC-A) 10:30 AM Walking Club (LFSP) 12:30 PM Color Me Calm (Lounge CC-L)</p> <p>Cold Box Lunch</p>	<p>21</p> <p>10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Crafts – Patriotic T-Shirt Scarf (CC-AR) 12:00 PM Cell Phones 101 (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>
<p>26</p> <p>5:30 PM SUMMER CONCERT @ THE SPORTS PARK AND RECREATION CENTER (MICK ADAMS & THE STONES / HEARTACHE TONIGHT)</p>	<p>27</p> <p>9:00 AM Wearable Art (AR) 10:00 AM Mahjong (CC-A) 10:00 AM Drop-In Computer Lab 10:30 AM Walking Club (LFSP) 12:30 PM Color Me Calm (Lounge CC-L)</p> <p>Cold Box Lunch</p>	<p>28</p> <p>10:00 AM Ping Pong (CC-L) 10:00 AM Drop-In Computer Lab 10:30 AM Rummikub Tournament (CC-A) 12:30 PM Dyna Band (CC-B) 2:00 PM Beginning Practical Spanish (CC-AR) 2:00 PM Aquatic Fitness (LFBTC)</p> <p>Cold Box Lunch</p>

WED	THU	FRI / SAT
1 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab 11:30 AM Chat with Monarch HealthCare (CC-A) 12:00 PM Mini Excursion Registration (CC-A) 1:00 PM Yoga (CC-B) 3:30 PM Stocks & Bonds Mgmt (CC-AR) Cold Box Lunch	2 7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CC-AR) 10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Chicken Sandwiches	3 1:00 PM Bowling League (FL) 4:00 PM Rock-A-Hula Luau Dinner & Entertainment (reservations required) City Hall Closed <hr/> SAT 4
8 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Bocce Ball (CC) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Bridge of Spies (CC-L) 11:00 AM Drop-In Computer Lab 1:00 PM Yoga (CC-B) 3:30 PM Stocks & Bonds Mgmt (CC-AR) Cold Box Lunch	9 7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CR-AR) 10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Italian Feast	10 8:30 AM AARP Driver Safety Course • City Hall (reservations required) 1:00 PM Bowling League (FL) <hr/> SAT 11 8:30 AM AARP Driver Safety Course • City Hall
15 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Scrabble (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab 1:00 PM Yoga (CC-B) 3:30 PM Stocks & Bonds Mgmt (CC-AR) Cold Box Lunch	16 FATHER'S DAY CELEBRATION (Wear a T-Shirt, Tie, or Bolo) 7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CR-AR) 9:30 AM Book Discussion – Adventures of Huckleberry Finn (CC-El Toro Room) 10:00 AM Drop-In Computer Lab 10:00 AM It's Never Too Late (LFSP) 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Hamburgers	17 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 18
22 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 10:45 AM Movie Day – Suffragette (CC-L) 11:00 AM Drop-In Computer Lab 1:00 PM Yoga (CC-B) 3:30 PM Stocks & Bonds Mgmt (CC-AR) Cold Box Lunch	23 7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CR-AR) 10:00 AM Drop-In Computer Lab 10:30 AM Bingo (CC-A&B) 10:30 AM Current Issues/Gov't (Lounge CC-L) 11:15 AM Seminar – Hearing Impairment 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Chinese Feast	24 8:00 AM Mammograms (CC-B) 1:00 PM Bowling League (FL) City Hall Closed <hr/> SAT 25
29 9:00 AM Tai Chi Ch'uan (CC-B) 10:00 AM Mini Excursion – Fox Theatre 10:00 AM Mahjong (CC-A) 10:30 AM Tai Chi Ch'uan Advanced (CC-B) 11:00 AM Drop-In Computer Lab 1:00 PM Yoga (CC-B) 3:30 PM Stocks & Bonds Mgmt (CC-AR) Cold Box Lunch	30 7:45 AM Golf Days (LFGPC) 9:00 AM Advanced Practical Spanish (CR-AR) 10:00 AM Drop-In Computer Lab 10:30 AM Current Issues/Gov't (Lounge CC-L) 11:30 AM Birthday Celebrations (CC-A&B) 12:00 PM Lunch (CC-A&B) 2:00 PM Aquatic Fitness (LFBTC) Chicken Bowls	

GOOD STUFF COMING YOUR WAY

For further information call 461-3450 or visit the City's website at www.lakeforestca.gov.

ROCK-A-HULA LUAU DINNER & ENTERTAINMENT

Fri, Jun 3 • 4:00-7:00 PM

**\$10 per person (reservations required;
no phone reservations)**

"Rock-a-hula...you'll be in Lake Forest but you'll think you're on the Big Island! Dress in your favorite muumuu, grass skirt, or Hawaiian shirt. Sign up for an evening of tropical tunes, a scrumptious catered dinner, and entertainment by your favorite DJ Michael! Start working on your hula skills!

AARP DRIVER SAFETY COURSE • (2 Days) • Fri and Sat, Jun 10 & 11 • 8:30 AM-12:30 PM • \$15 AARP Members • \$20 Non-Members

You must attend both days to receive your certificate. Please bring your AARP card. Call (949) 461-3450 to reserve your seat. Held in City Hall.

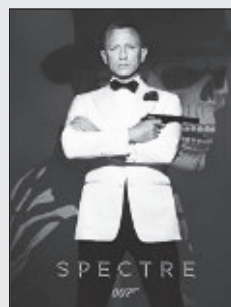
DROP-IN COMPUTER LAB / FREE PUBLIC WI-FI Mon/Tue/Thu 10:00 AM-2:00 PM • Wed 11:00 AM- 2:00 PM • No instructor is on site. The Lab will be closed on Mon, Apr 4 and 11 for tax preparation.

4TH OF JULY PARADE FLOAT • RED, WHITE & BLUE AND 25 TOO!

**Sign up for the City's 25th
Annual 4th of July Parade.**

If you would like to help decorate or ride on the float, call (949) 461-3408 on Mon, Jun 6, to leave your name and phone number. (Space is limited.)

April



Spectre (PG-13) • Apr 13 2 Hrs, 28 Mins

A cryptic message from the past sends James Bond on a rogue mission to Mexico City and eventually Rome, where he meets Lucia Sciarra, the beautiful and forbidden widow of an infamous criminal. Bond infiltrates a secret meeting and uncovers the existence of the sinister organization known as SPECTRE.

As Bond ventures towards the heart of SPECTRE, he learns of a chilling connection between himself and the enemy he seeks.



The Intern (PG-13) • Apr 27 2 Hrs, 1 Min

Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site.

Ben soon becomes popular with his younger co-workers, including Jules (Anne Hathaway), the boss and founder of the company.

Whittaker's charm, wisdom, and sense of humor help him develop a special bond and growing friendship with Jules.

MOVIE DAYS

Wed • 10:45 AM • Lounge
Movies may change based on availability

May

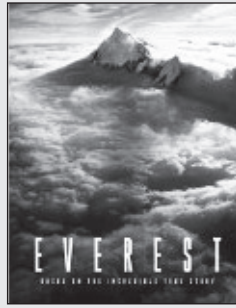


The Martian
(PG-13) • May 11
2 Hrs, 22 Mins

During a manned mission to Mars, Astronaut Watney is presumed dead after a fierce storm and left behind by his crew.

But Watney has survived and finds himself stranded and alone on the hostile planet. With only meager supplies, he must draw upon his ingenuity, wit, and spirit to subsist and find a way to signal to Earth that he is alive.

Stories of his incredible bravery unfold, and the world comes together to root for Watney's safe return.



Everest
(PG-13) • May 25
2 Hrs, 2 Mins

Two different expeditions are challenged beyond their limits by one of the fiercest snowstorms ever encountered by mankind in an attempt to reach the summit of the world's highest mountain.

Their mettle is tested by the harshest elements found on the planet.

The climbers face nearly impossible obstacles as a lifelong obsession becomes a breathtaking struggle for survival. Based on a true story.

June



Bridge of Spies
(PG-13) • Jun 8
2 Hrs, 21 Mins

Donovan (Tom Hanks), an insurance claims lawyer, is thrust into the center of the Cold War when he agrees to represent a Soviet spy captured in New York, committed to ensuring the man receives a fair trial no matter his politics. An American U-2 spy plane is shot down over Soviet airspace, and the pilot is captured and imprisoned.

Fueled by a love for his country, unwavering belief in his convictions, and a tremendous amount of courage, Donovan is soon on a plane to Berlin to negotiate a prisoner exchange between the U.S. and the Soviet Union.



Suffragette
(PG-13) • Jun 22
1 Hr, 47 Mins

Set in 1912 Britain, the story centers on Maud Watts, a working-class wife and mother who works at a London laundry. She is startled one day by a protest by the Suffragettes, who are turning to public acts of civil disobedience to win the vote for women.

Initially unwilling to get involved in the cause, Maud comes to realize that she must claim her dignity both at home and in her workplace and joins brave women from all walks of life. Inspired by true events.

TRANSPORTATION OPTIONS



The City of Lake Forest offers door-to-door transportation services to Lake Forest senior residents via Age Well Senior Services (AWSS) Bus and OC Taxi. For additional information call 461-3450.

I want to go to the Senior Clubhouse Mon-Thu from 10:00 AM–2:00 PM

- Call AWSS at 855-9766 24 hours in advance. Cost is 50 cents one way.
- Call OC Taxi* when the AWSS Bus is full at 364-7000. \$1.00 voucher one way.

I want to visit my friends, go to the grocery store or a doctor's appointment within the city limits of Lake Forest

- Call OC Taxi* – \$2.50 voucher one way.

I have an appointment at Saddleback Memorial Hospital

- Call OC Taxi* – \$5.00 voucher one way.

I have an appointment at South County Orthopedic Specialist, Kaiser and Hoag Hospitals (Irvine) or Mission Viejo Hospital

- Call OC Taxi* – \$7.00 voucher one way.

*** Prepaid taxi vouchers are mandatory for all taxi transportation. Vouchers available for sale at City Hall. Must be a Lake Forest resident and 60 years of age or older. Must provide proof of residency and age; cash or check only.**

For additional transportation options, call OCTA at 1 (800) 636-7433.

SENIOR BOX LUNCH PROGRAM

The Senior Box Lunch Program provided by Age Well Senior Services, Inc., offers a sandwich or salad, fruit or veggie, milk, and dessert. A \$4.50 suggested donation per meal is requested. Lunches



are available at 11:30 AM Monday through Wednesday. Menus will be posted at the Senior Scene Clubhouse on a monthly basis.

HiCAP APPOINTMENTS

Call (949) 461-3408 for appointments. Second Tuesday of each month.

NEED TO KNOW NUMBERS!

AARP	888-687-2277
Age Well Senior Services <i>Formerly South County Senior Services</i>	855-8033
Caregiving Resource Directory	888-721-9797
City of Lake Forest City Hall	461-3400
Council on Aging	714-479-0107
Disabled Housing Information	714-567-7500
Elder/Disabled Adult Abuse	800-451-5155
HiCap Services	800-434-0222
Human Services Information	2-1-1
Irvine Valley College/Emeritus	451-5555
Meals on Wheels	380-0155, Ext. 12
Medicare Fraud Hotline	800-447-8477
OCTA (Transportation So. OC)	800-636-7433
Office on Aging	800-510-2020
Orange Caregiver Resource Center	800-543-8312

L.F. READING CIRCLE

Thursdays • 9:30 AM • El Toro Room

Please join Janet Swanson and the Lake Forest Senior Reading Circle as they discuss this quarter's book selections. Afterwards, drop by the Senior Scene Clubhouse and enjoy a hot lunch and Bingo.

April

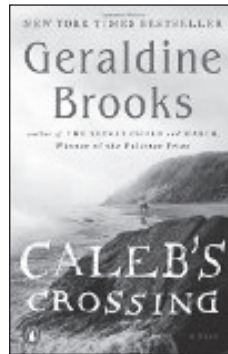


April 21
Quiet: The Power of Introverts in a World that Can't Stop Talking
by Susan Cains

At least one-third of the people we know are introverts. They are the ones who prefer listening to speaking; who innovate and create but dislike self-promotion; who favor working on their own over working in teams. It is to introverts – Rosa Parks, Chopin, Dr. Seuss, Steve Wozniak – that we owe many of the great contributions to society.

Passionately argued and filled with indelible stories of real people, *Quiet* has the power to permanently change how we see introverts, and, equally important, how they see themselves.

May

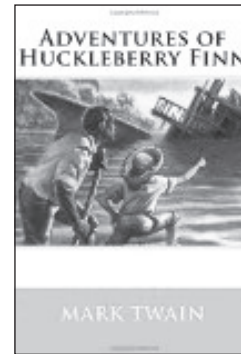


May 19
Caleb's Crossing
by Geraldine Brooks

Bethia is a restless and curious young woman growing up in Martha's Vineyard in the 1660s amid a small band of pioneering English Puritans.

At age twelve, she meets Caleb, the young son of a chieftain, and the two forge a secret bond that draws each into the alien world of the other. Bethia's father is a Calvinist minister who seeks to convert the native Wampanoag, and Caleb becomes a prize in the contest between old ways and new, eventually becoming the first Native American graduate of Harvard College.

June



June 16
Adventures of Huckleberry Finn
by Mark Twain

The classic novel by celebrated American author Mark Twain, *Adventures of Huckleberry Finn*, tells of a teenage misfit accompanied by an escaping slave, Jim, as the two float down the Mississippi River by raft.

As their journey unfolds, Huck and Jim encounter adventure, danger, and a deftly scribed cast of characters that are by turns both menacing and hilarious.



City of Lake Forest Senior Scene
25550 Commercentre Drive
Lake Forest, CA 92630
949-461-3408

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LAKE FOREST SENIOR PROGRAMS

4TH OF JULY PARADE 2015



**Our senior float received
the "Best of Lake Forest Award"**